

## Gluten-Free Chinese Stir Fry Noodles

2 Tbsp cooking oil, divided (I use peanut or sesame when cooking asian meals)  
1 16oz block Firm or Super Firm tofu (Not Silken)  
1 package Gluten-Free spaghetti or linguine style noodles (I like [Ancient Harvest Quinoa Noodles](#))  
1 1/2 c shredded carrots  
1 1/2 c chopped broccoli (frozen is fine)  
1 1/2 c sugar snap peas (frozen is fine)  
2 Tbsp Braggs liquid aminos or GF tamari (or other GF natural soy sauce)  
1/4-1/3 c hoisin sauce, + 1 Tbsp  
1 tsp or more to taste Sriracha sauce (optional)  
1 can sliced water chestnuts  
salt to taste

Heat oil in a skillet (I prefer cast iron when pan frying tofu....it really works best!) over medium-high heat. Cube tofu into bite size chunks. When oil is hot, toss in tofu. To make tofu the right consistency this can take up to 15 minutes or more. After tofu has just started to lightly brown, add the 1 Tbsp hoisin sauce to it and toss the tofu with it. The hoisin sauce creates the dark glaze on the outside and helps the tofu keep that look and consistency we want. Cook until tofu is browned on all sides, then turn off heat.

While tofu is cooking, bring water in a large pan or spaghetti pot to a boil. When water begins to boil, toss it in. You can salt the water a bit if you like and toss in a dash of oil to help the noodles separate. Cook the noodles until they are al dente. GF noodles can be tricky. I promise they can taste delicious! Don't read the box instructions...just cook until they appear soft. Take out a noodle and try it. Noodle should be soft but just a little firm. When it is, drain and rinse with cool water. Set aside.

Heat last Tbsp of oil in a wok on medium-high heat. When oil is hot, toss in your broccoli, carrots and snap peas. Stir fry a few minutes until veggies begin to soften. Toss in the Braggs, the 1/4 c hoisin sauce and the sriracha if using. Toss together for just a minute. Add water chestnuts and noodles. Stir fry and toss to coat. If you need more hoisin, add a little more at a time. Toss in tofu at the end, mix until all noodles, veggies and tofu are coated and remove from heat. Serve immediately